

December 2018



Final Black Belt Test

Saturday, December 8
at 1:00 pm

Highlight/Awards Night

Join us on Saturday, December 8
for our annual Highlight Night at
our Stittsville dojo!

Cheer on our newest black belts
as they receive their promotions.

The title of "Sensei" will be
awarded to black belts who have
fulfilled their requirements.

The overall winners of our annual
tournament series will be
announced.

Enjoy demonstrations, pizza and
drinks for sale and fun-filled
evening with the rest of the
"Cooligan Family"!

Doors open at 5:00 pm

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
2 Week 3	3	4 2 for 1 Tuesday (parents on the mat for White/Yellow)	5 Adult Joint Lock	6 Masters Knife	7	8 Black Belt Test Highlight/ Awards Night
9 Week 4	10 Jr. BBC Sparring	11 Jr. Achievers' Parents as Coaches	12 Adult Grappling	13 Bring a Friend to Muay Thai	14 BBC Grappling	15 Little Champions Parents on the Mat
16 Week 5	17 Jr. BBC Nunchaku	18 2 for 1 Tuesday (parents on the mat for White/Yellow)	19 Adult & Masters Sparring	20 Adult Night Out *See bottom, left for details	21 Last Day of Classes	22 Kids Belt Test *Classes cancelled after 10am
23	Closed for Holidays			27 Condensed Schedule *See bottom, right for class times	28-29 Closed for Holidays	
30 Week 1	Closed for Holidays			Jan 3 Regular Class Schedule Resumes		

Dates to Remember

Kids Belt Test

- Sat., Dec 22 @10am
- Sat., Feb 2 @10 am
- *Classes cancelled after 10am

Adult Belt Test

- Wed, Feb 6 @ 6pm

Adult Open Training

- Every Thurs. 8:30 – 9 pm

Jr. Open Training

- Every Fri. 6:15 pm – 6:45 pm
- Every Sat. at 9 am
- *except on Belt test day

You Asked

**"I am new to the dojo...
where can I find the rules
of the dojo?"**

In addition to outlining the
Little Champions and Junior
Achievers programs, you will
find a section on the "Rules
of the School and Etiquette"
at our student welcome
website which can be found
at
<http://www.cmawelcome.info>

On this site, you will also find
a mobile friendly schedule of
class times, downloadable
files such as discipline stripe
forms and useful links.

***Condensed Schedule**

Thursday, December 27

- 5:30 pm – Little Champions
- 6:00 pm – All belts (6-12y/o)
- 6:45 pm – Muay Thai
- 6:45 pm – Boot Camp
- 7:45 pm – Adult Jiu Jitsu

Join our Facebook Members Groups - "Cooligan Martial Arts: Stittsville"
- "Cooligan Martial Arts: Manotick"

Adult Night Out

Come join the instructors and your fellow adult students after
class on Thurs. Dec. 20th for an evening out at a nearby
restaurant (location TBD)!

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